

Broadmeadow Breeze

MEADOWLARK SENIOR CENTER

(505)891-5018

www.rrnm.gov/seniorservices

BROADMOOR SENIOR CENTER

(505)891-5050

Juneteenth Closure

Meadowlark and Broadmoor Senior Centers will be closed on
Monday, June 20 for Juneteenth.
Have a safe holiday!



Juneteenth

Book in Review by Vaunda Micheaux Nelson

Vaunda Nelson will give an educational talk about the importance and relevance of the June 19, 1865 focusing on the history of emancipation of enslaved African-Americans in 1865.

Monday, June 13

1 p.m. @ Broadmoor Senior Center

\$2 payable at the door for refreshments and goodies!

Fishermans Wharf – A Father's Day Celebration @ BSC

Celebrate this special day for all fathers, grandfathers, and those who have been like fathers to us! Join us for a seaside escape and San Franciscan fare. This event is open to those of all ages.

Thursday, June 23

1-3 p.m.

\$5 payable at registration



Meadowlark Street Market

Shop Rio Rancho's premier Street Market at Meadowlark, where you will find some of the finest artisans and crafters from Sandoval County and surrounding areas. Enjoy some delicious farm-to-table produce, grown right here in New Mexico! Support local and support your community.

Saturday, June 25

10:30 a.m.- 3:30 p.m.

North Parking Lot and Patio

Open to the Public



CANCELLED



Welcome!

The Division of Senior Services is a division of the Parks, Recreation & Community Services department in the City of Rio Rancho. We serve those who are age 55 and better and strive to provide services and activities that will ensure positive aging.

To best serve the population of Rio Rancho, we have two senior center locations:

Meadowlark Senior Center (MSC)

4330 Meadowlark Lane SE
Rio Rancho, NM 87124
(505)891-5018

Hours:

Monday, Wednesday, Thursday, 8 a.m.—5 p.m.

Tuesday, 8 a.m.—8:30 pm

Friday, 8 am—4:30 p.m.

and

Broadmoor Senior Center (BSC)

3241 Broadmoor Blvd NE
Rio Rancho, NM 87144
(505)891-5050

Hours:

Monday—Friday, 8 a.m.—5 p.m.

(Wednesdays, early closure at 3 p.m.)

A membership is required to participate in activities at our Centers, but membership is free! Simply fill out an application.

We encourage you to find something in this June edition of the *Broadmeadow Breeze* at either Center location that will tickle your fancy and join in on the fun!

Our Division is partnered with the Sandoval County Senior Services to provide daily meals at our Meadowlark location for a \$2 suggested donation for those 60 and older. Join fellow members in a congregate setting for lunch Monday through Friday from 11:30 a.m. to 12:30 p.m. or pick up a meal inside to go. Registration is required.

We look forward to having you!

Senior Services Staff

Crystal L. Sanchez.....	Division Manager
Elianna Lyle.....	Assistant Division Manager
Lisette Tellez.....	Administrative Assistant
Michele Batchelor.....	Recreation Specialist
Emery Riego De Dios.....	Recreation Specialist
Matthew McCoy.....	Recreation Specialist
Julie Davis.....	Recreation Specialist
Eric Garcia.....	Office Assistant
Kay Strait.....	Receptionist

Welcome, Eric!



The Division of Senior Services is happy to welcome our new Office Assistant, Eric Garcia. Please stop by the Front Desk at Meadowlark to wish Eric a warm welcome!

Division of Senior Services Advisory Board

The Division of Senior Services (DSS) Advisory Board meets every 2nd Tuesday of the month at 1:15 p.m. at the Meadowlark Senior Center

Find below the following vacancies in Districts 2, 3, and 6. We are seeking citizens who live in these districts who have a passion for helping senior citizens and are interested in serving on the DSS Advisory Board. To inquire about a Board position, please see Crystal or Elianna.

District 1—Dee Williams

District 2—**VACANT**

District 3—**VACANT**

District 4—Jennifer Demiter

District 5—B. Joyce Garnes

District 6—**VACANT**

At Large—Ed Mieszerski

Meadowlark Senior Center

The following activities take place at **Meadowlark Senior Center**.

Registration may be required and space may be limited.

Call (505) 891-5018 for updates and/or changes.

MSC Registration

- ♦ In-person registration is on **Thursday, June 2** from 8:30—9:30 a.m. in Rooms 1 and 2.
- ♦ **Front Desk registration will be accepted starting at 10 a.m.**
- ♦ **Phone-in registration will be accepted starting at 2 p.m.**
- ♦ Numbers will be given out at the Front Door starting at 8 a.m. on a first-come, first-served basis. You must have a current member card to receive a number.
- ♦ A MEMBER can register for oneself and one other MEMBER, **no exceptions**.
- ♦ Please bring exact change. No large bills accepted.
- ♦ Make checks payable to the **City of Rio Rancho**.
- ♦ If you are registered for an activity and must cancel, please inform the front desk as soon as possible. Fees are non-refundable unless someone from the waiting list can take your place or the activity is cancelled.
- ♦ Following Registration Day, signups are accepted Monday through Friday from 8 a.m.—4:30 p.m.

AARP Drivers Safety

Wednesday, June 15

1:15-5:15 p.m. in the D/R

\$20 for AARP members

\$25 for non-AARP members payable to the instructor for materials. No credit cards accepted.

Mid-day Matinee: *Belfast*

Set in the late 1960s Northern Ireland, Buddy (Jude Hill) is a young boy from a working-class family. When a mob enters the street where his family lives, attacking the homes that belong to Catholics, his parents realize their once quiet neighborhood, where everyone is like family, is suddenly changing. Rated PG-13. Running time: 1h 38m

Thursday, June 9

1:30 p.m.

\$2 payable at the door

Music and Dancing

Birthday Bash

Birthday Bash is back! Celebrate the June bug birthdays with cake, music, and dancing.

Tuesday, June 28

1:30 p.m. in the D/R

\$1 payable at the door

Country & Western Music

Get your boots on for Monte and the 2-Car Garage band to get dancing with friends, old and new to Country and Western music!

Every Friday

1:30-3:30 p.m. in the D/R

No fee

Salsa

Wednesdays

Except 3rd Wednesday (June 15)

1:30-3 p.m. in the D/R, No fee

Monte's Mixer

Put on your dancing shoes and

2nd Wednesday, June 8

3:30-5:30 p.m. in the D/R

No fee

Country Music & Root Beer Floats

Dance to some country music and enjoy an old-fashioned root beer float.

Friday, June 10

1:30 p.m. in the D/R

\$1 payable at the door



Trips from Meadowlark

Rules of the Road:

- All trips require registration.
- There will be a 5 minute grace period for latecomers.
- As we cannot guarantee return times, we do not recommend making plans or scheduling appointments following a trip.
- For hikes, please make sure you are capable to comfortably participate in these sometimes rigorous outdoor activities. A waiver must be filled out in order to participate.
- For hikes, please wear appropriate clothing and bring necessary gear and supplies, including a sack lunch and plenty of water.

Ten Pins & More

Enjoy an afternoon of bowling! Ten Pins & More offers a chance to get to know and socialize with others while playing a friendly game of bowling. Get rollin', get some exercise and have some fun. Cost for bowling is separate. Limit: 10

Friday, June 17, 2022
Depart MSC at 1 p.m.
\$1 payable at registration

Wastewater Reclamation Plant

Come along to the Southside Wastewater Reclamation Plant (SWRP). Where they clean approximately 50 million gallons of wastewater every day, but most of us never stop to wonder about what it takes to accomplish that. On this two-hour tour, you will do more than just hear about how they clean Albuquerque's wastewater, you'll see it. You will look under the microscope at a drop of activated sludge to see the microorganisms that clean the water. Walk the plant following the path of the wastewater as it is cleaned. At the end of the tour, standing on the banks of the Rio Grande where the cleaned water is released into the river, you and the docent will discuss current wastewater issues. Limit: 12

Monday, June 13
Depart MSC at 8:30 a.m.
\$3 payable at registration

Scavenger Hunt of Rio Rancho

Here's your chance to play detective! Depart Meadowlark and work together with your fellow teammates to find clues that will be pieces to a puzzle. Where will your clues lead you and where will your final destination be? Join the fun to find out! Limit: 10

Friday, June 24, 2022
Depart MSC at 9:30 a.m.
\$2 payable at registration

Santa Fe Opera: *Falstaff*

All the world's a joke and only the jolly are wise! Someone needs to teach the pompous Sir John Falstaff a lesson and who better to do it than four cunning women? Alice Ford, her daughter Nannetta, Meg Page and Mistress Quickly band together in this boisterous comedy to teach Sir John that he who laughs last, laughs best.

Based on Shakespeare's *The Merry Wives of Windsor*, Verdi's famous comedic masterpiece comes to life in an exciting, new production by Sir David McVicar. Follow along as Alice, Nannetta, Meg and Quickly put the infamous Falstaff in his place.

You will be tailgating before the opera, as per Santa Fe Opera house tradition, pack a dinner and enjoy a beautiful night. Limit: 14

Thursday, August 25
Depart MSC at 5 p.m.
\$61 payable at registration

Trips for the Nature Lover

Notice on cancellations:

Some trips and hikes may be cancelled due to recreational area closures caused by wildfires. We hope to reschedule these trips once it is safe to do so. We appreciate your understanding! Please call the Meadowlark Front Desk at (505)891-5018 for the most recent updates.

Rio Grande Nature Center

A variety of ponds, Gardens and trails are just a few things you will encounter. Enjoy this summertime version of the many different bird's species that will be around.

What to bring: proper shoe attire, water, dress comfortable, snacks and binoculars.

Thursday, June 9, 2022
Depart MSC at 8:30 a.m.
\$2 payable at registration

Sandia Mountains:

Crest House to Tramway Terminal

Enjoy the scenic views of this hike on top of the Sandia Mountains. Take in the subtleness of the forest and wildlife around you while getting your exercise. Enjoy the city views to the West and tranquil forest to the East. You never know what wildlife you might see along the hike.

Hike: Easy **Elevation:** 10,300 – 10,500 ft.

Total Distance: 3 mi. round trip. **What to Bring:** Water, comfortable clothes, hat, sun screen, hiking boots and lunch. Limit: 12

Thursday, June 16, 2022
Depart MSC at 8:30 a.m.
\$10 payable at registration

Tingley Beach

Tingley Beach isn't just for fishing and model boating. The wildlife is something to see and birds are just some of the wildlife scenery to enjoy at Tingley Beach.

What to bring: Proper shoe attire, water, dress in layers, snacks and binoculars. Limit: 10

Thursday, June 23, 2022
Depart MSC at 8:30 a.m.
\$2 payable at registration

Holy Ghost Creek Trail: Santa Fe National Forest

Take in this hike in the Santa Fe National Forest on the Holy Ghost Creek Trail. Take in the subtleness of the forest and wildlife around you while getting your exercise. This will be a great experience to have hiking and exploring other National Forest like that in Santa Fe. You never know what wildlife you might see along the hike. **Hike:** Moderate **Elevation:** 8,000 – 8,700 ft.

Total Distance: 4 mi. round trip. **What to Bring:** Water, comfortable clothes, hat, sun screen, hiking boots and lunch. Limit: 10

Thursday, June 30, 2022
Depart MSC at 7:30 a.m.
\$11 payable at registration

Support Services at Meadowlark

Support Groups are free and open to the public. MSC is committed to helping all those in need of support services. Check that you meet qualifications for Senior Citizens Law Office & Hearing & Balance.

MSC Computer Lab

Our mission is to provide assistance to seniors in every way possible, including technical. If you're struggling with your computer or you don't have one. Stop by MSC and use our computer lab. It is open **Monday, Wednesday, Thursday and Friday, 9 a.m. –12:30 p.m.** (depending on volunteer availability). It is staffed with friendly, knowledgeable volunteers that will make getting on the net easy.

Alzheimer Support Group

This support group is for caregivers and family members of loved ones with any form of dementia. No sign-up necessary. Check for status updates.

1st Wednesday, June 1
9:30-11 a.m.
Room 2

Diabetes Support Group

2nd Wednesday, June 8
1-2 p.m.
Conference Room

Vision Loss Support Group

3rd Wednesday, June 15
1:30—2:30 p.m.
Library

Senior Citizen Law Office

Call SCLO at (505)265-2300 for Meadowlark appointments beginning at 12:45 p.m. for one-on-one general legal consultations. Family, criminal law and bankruptcy are NOT covered. **Due to funding requirements, this program is designed to assist low to moderately-low-income seniors 60+ (income of \$2,024/month for individuals or \$2,744/month for couples).**

3rd Thursday, June 16
12:45-4:30 p.m.
Conference Room

Services for Veterans

Veterans Outreach Bring a DD214

Monday, June 6
10 a.m.-2 p.m.
Room 3

Veterans Coffee Club

Calling all veterans! Join this NEW social group to enjoy a cup of joe and to meet and chat with other fellow veterans.

Every Friday
10-11 a.m. in Room 1

Massage Therapy

Sessions are 45 minutes each. Limit 4 per day. \$43.50 payment due upon registration. Room 3.

Tuesday, June 14
Thursday, June 23
Appointments: 9:45 a.m.
11:00 a.m.
1:15 p.m.
2:30 p.m.

Albuquerque Hearing and Balance

Carol Clifford, Au.D, CCA-A, FAAA, provides complimentary services: electroacoustic testing, hearing screenings, hearing aid cleanings and repair evaluations. **Sign up at the front desk.** You will be seen in the order in which you sign up. Limit: 10

4th Tuesday, June 28
12-4:30 p.m.
Room 3

Broadmoor Senior Center

The following ongoing activities take place at **Broadmoor Senior Center**.

Registration may be required and space may be limited.

Call (505) 891-5050 for updates and/or changes.

BSC Registration

- Phone-in and walk-in registration for ALL activities will begin Tuesday, May 31 at 8:00 a.m. at Broadmoor Senior Center or call 505-891-5050 for registration.
- A MEMBER can register for oneself and one other MEMBER, no exceptions allowed.
- ALL Payments MUST be made within 24 hours of registration of activity. Fees are non-refundable unless someone from the waiting list can take your place or the activity is cancelled by BSC.
- Following the Registration Days, signups are accepted Monday through Friday from 8:30 a.m. to 4:30 p.m. If you have any questions please call Broadmoor Senior Center @ 505-891-5050.
- We accept cash, credit card or checks made payable to The City of Rio Rancho. Please bring exact change. No large bills will be accepted.

Farmers & Crafters Market

Friday, June 10

8 a.m.-1 p.m.

\$3 payable at the door—includes raffle ticket!

Additional raffle tickets available for \$1 each.



Pick up a FREE Vial of Life kit at the Front Desk at MSC or BSC!



**Thank you
to all of the
volunteers,
supporters,
and sponsors of
the City of Rio
Rancho
Senior Programs!**

Health & Wellness @ Broadmoor

What better place for self-improvement than at a sanctuary overlooking the Sandia Mountains? Find your Zen at Broadmoor Senior Center with these Health and Wellness Activities.

Walking Groups

Indoor Walking

Mondays,
Wednesdays, Fridays
8-8:45 a.m.

Outdoor Walking

Wednesdays
9-10 a.m.

Meditation

Tuesdays, June 14 & 28
1:30-3 p.m.

Escrima

This popular martial art dates back to as early as the 1500s, during the Spanish colonization of the Philippines. Get moving as you gain confidence, strength and improve reflexes. 26 inch *bastons* will be used in this practice. Instructor, George Maldonado has been practicing this martial art for over 40 years.

Tuesdays, June 7, 14, 21 & 28
9—10 a.m. at Broadmoor Senior Center
\$20 payable at registration

Sound Healing for Wellness

A person who practices Sound Healing makes use of the vibrations that certain instruments create to initiate a healing response from the body. Feel the balance of your body and recover from dis-ease or dis-harmony to ease and harmony with Cece. Space is limited.

1st & 3rd Tuesdays
June 7 & 21
1:30-3:30 p.m. in Room 2
No Fee



Tai Chi

Tai Chi movements are slow and deliberate with shifts of body weight from one leg to the other in coordination with upper body movements (sometimes with one leg in the air), it challenges balance and many have long assumed it helps improve balance and reduce fall frequency. This assumption has been credited and strongly supported by some research. Join David every Wednesday, to help regain strength and balance with Tai Chi.

Wednesdays
9-10 a.m.
\$3 drop in fee to instructor

Chair Yoga for Balance & Flexibility

This class offers poses while seated and standing to improve balance and flexibility. Learn breathing techniques for relaxation and to increase energy. Bring a bottle of water. Limit: 15

Thursday, June 9, 16, 23 & 30
9:30-10:45 a.m. at Broadmoor
\$36 payable at registration

Duffers Golf Group

What's a birdie? A bogey? It's all par for the course in the rough. Learn the lingo and basics of golf before you hit the tee box with the Duffers Golf Group. Join this group on Friday, June 3 for some insight advice.

Fridays, 9-10 a.m.
Room 1



More at Broadmoor...

Pokeno

Pokeno is a combination of poker and bingo, played like bingo. Instead of playing with a standard bingo card everyone uses a Pokeno card, which has card names and suits on it. As card names are called out, players cover the cards with their poker chips until one of them wins the game .

Mondays
1-3 p.m.
Room 1

Bid Whist & Spades

Wednesdays
10 a.m.-2 p.m.

Canasta

Thursdays
1-4 p.m.

Needlework

Fridays
1-4 p.m.

Open Discussion

In open discussion, anyone present can speak for as long as they like, and there are no rules governing turn-taking, topic adherence, or other constraints on the discussion. Join our group at Broadmoor for interesting conversation about a wide range of today's topics.

Fridays

10 a.m.-12 p.m.
Room 1

Patterns & Pens: A Coloring Group

Improve hand dexterity and relax as you work with colors and lines in this tranquil activity.

Fridays
11 a.m.—12 p.m.
Room 2



Crafty Corner

Every Tuesday in Room 1
1-4 p.m.
\$5 basic fee payable to instructor

Genealogy

2nd Wednesday of the month
June 8
1:30-3:30 p.m. in the Demo Room

Mexican Train Dominoes

Thursdays
1-4 p.m.
Room 1

Mosaic

Thursday June 2, 9, 16, 23 & 30
10 am-12:00 noon
\$25 payable to the instructor

Broadmoor Senior Center Book Club

Fridays from 10—11 a.m.
in Room 2

Before I Let You Go

By Kelly Rimmer



Step by Step Cake Decorating

Monday, June 27

1-3 p.m. in the Demo Room

Registration required!

\$11 due 24 hours upon registration

Meadowlark Ongoing Activities

10

Ceramics	Mondays	8:30 - 12:30 pm	Art Room
Crafty Corner	Mondays	1:00-3:00 p.m.	Art Room
Open Art Studio	Tuesdays	8:30-10:30 a.m.	Art Room
Basket Weaving (At Capacity)	Tuesdays	1:00-5:00 p.m.	Art Room
Drawing & Painting	Wednesdays	9:00-10:30 a.m.	Art Room
Conversational French	Thursdays	9:00 - 10:00 a.m.	Art Room
Acrylics	Wednesdays	1:00-3:00 p.m.	Art Room
Spanish (Conversational)	Thursdays	10:00-11:30 a.m.	Art Room
Calligraphy	1st & 3rd Thursdays	1:00-3:00 p.m.	Art Room
Calligraphy Club	2nd Thursdays	1:00-3:00 p.m.	Art Room
Woodcarvers	Fridays	9:00-11:30 a.m.	Art Room
Ceramics	Fridays	1:00-4:30 p.m.	Art Room
Veteran's Coffee Club	Fridays	9:00-10:30 a.m.	1
Bridge Intermediate	Tuesdays	5:30 - 8:30 p.m.	1
Book Club	2nd Tuesdays	1:00-3:00 p.m.	1
Bridge Contract	Wednesdays	12:00 - 3:00 p.m.	1
Bridge Contract	Fridays	12:00 - 3:00 p.m.	1
Fishing Club	Mondays	10:00-11:00 a.m.	1 & 2
Morning Music Jam Sesh	Tuesdays	9:00-11:00 a.m.	2
Scrapbooking	Tuesdays	11:30-1:30 p.m.	2
Alzheimer's Support Group	1st Wednesdays	9:30-11:00 a.m.	2
Quilting	Wednesdays	1:00-3:00 p.m.	2
Canasta	Thursdays	12:00-4:00 p.m.	2
Cribbage	Fridays	12:30 - 3:00 pm	2
Hooked on Yarn	Mondays	9:30-11:30 a.m.	5
Bid Whist	Mondays	1:30 - 4:30 pm	5
Knitting & Crocheting	Tuesday	9:00-11:00 a.m.	5
Mexican Train Dominoes	Tuesdays	12:30-3:30 p.m.	5
Euchre	Wednesdays	9:30-11:30 a.m.	5
Between the Lines: Coloring	Thursdays	10:00-11:00 a.m.	5
Pinochle (Double Deck)	Fridays	9:30-12:00 p.m.	5
Poetry & Lyrics Society	Every Other Fridays	1:30-3:30 p.m.	5

Billiards	Monday thru Friday	8:30-4:30 p.m.	Billiards
Open Computer Lab	Mon., Wed., Thurs., & Fri.	9:00-12:30 p.m.	Computer Lab
iPad & Mac Users Group	Tuesdays	1:30-3:30 p.m.	Computer Lab
Chess	Fridays	1:00-4:00 p.m.	Computer Lab
Photo Composition Group	1st & 3rd Wednesdays	1:30-4:00 p.m.	Computer Lab
Blood Pressure Checks	Monday thru Friday	9:30-11:30 a.m.	Conf. Room
Bible Reading Group	Tuesdays	3:00-4:30 p.m.	Conf. Room
Diabetes Support Group	2nd Wednesdays	1:00-2:00 p.m.	Conf. Room
Spanish (Intermediate)	Fridays	9:00-10:30 a.m.	Conf. Room
Enhance Fitness	Mon., Wed., & Fri.	10:00-11:00 a.m.	D/R
Line Dance (Beg./Easy)	Tuesdays	9:00-10:30 a.m.	D/R
Rio Rancho Art Asstn.	2nd Tuesdays	6:00-8:00 p.m.	D/R
Salsa	Every Wednesday	1:30-3:00 p.m.	D/R
Monte's Mixer	2nd Wednesdays	3:30-5:30 p.m.	D/R
Line Dance (Intermediate)	Thursdays	9:30-10:30 a.m.	D/R
Country Western Dance	Fridays	1:30-3:30 p.m.	D/R
Ping Pong Fun Play	Tuesday	9:30-11:30 a.m.	D/R C & 1
Ping Pong Fun Play	Thursday	1:30-4:30 p.m.	D/R C & 1
Fly Tying	Mondays	9:00-9:45 a.m.	D/R C
Safeway Jewelry Making	4th Tuesdays	1:00-3:00 p.m.	D/R C
Rio Rancho Stamp Club	1st & 3rd Tuesdays	2:00-4:00 p.m.	D/R C
Canasta (Hand & Foot)	Wednesdays	12:30-4:00 p.m.	D/R C
Share Your Memoirs	1st, 3rd & 5th Tuesdays	1:30-3:30 p.m.	Library
Vision Loss Support Group	3rd Wednesdays	1:30-2:30 p.m.	Library
Open Discussion	Fridays	9:00-10:30 a.m.	Library
Creative Writers	Thursdays	1:30-3:30 p.m.	Online Only
Poker	Mondays & Thursdays	12:00-4:00 p.m.	Poker Room



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A Publication of The City of Rio Rancho/Division of Senior Services
4330 Meadowlark Lane SE
Rio Rancho, NM 87124

Comfort ∞ Joy ∞ Community ∞ Support ∞ Engagement



*For more information, please visit www.retreatnm.com
505-892-9663*

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